



Be smoke-free for a Healthy Louisville.

Reasons to stop smoking:

- Your circulation improves. You can breathe easier. Your senses of smell and taste will be heightened.
- You reduce your risk of cancer, stroke, heart and lung diseases and other illnesses.
- After 10 to 15 years off cigarettes, your risk of death from a smoking-related illness will be nearly the same as for people who never smoked at all.
- Your home and workplace will be a healthier place for everyone.
- You will save money. The average smoker spends \$1,000 per year on cigarettes.

For help quitting smoking, or information about setting up stop-smoking programs:

Call **574-STOP (574-7867)**

Visit the Health Department page at:

www.louisvilleky.gov

Email:

stopsmoking@louisvilleky.gov

574-STOP

You can help improve the health of Louisville residents:

- Stop smoking
- Help a friend quit smoking
- Enforce a no-smoking policy in your home and business

Smoke-Free for a Healthy Louisville



400 E. Gray Street
Louisville, KY 40202-1754

Phone: **502.574.6520**

Fax: **502.574.6810**

Email: **stopsmoking@louisvilleky.gov**

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**Louisville's
Smoke-Free Law**
takes effect

NOVEMBER 15, 2005

